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## **HEAT EMERGENCIES**

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**ALL EMT-I'S IN THE ICEMA REGION WILL FOLLOW THE POLICIES AND PROCEDURES BELOW IN THE TREATMENT OF HEAT EMERGENCIES.**

1. Primary survey
2. Secondary survey
  - a. Note environment
  - b. Observe for vomiting, cramps, skin condition, LOC
  - c. Did patient have seizures?
3. Remove from heat source - place in shade/cool room, remove excessive clothing
4. Administer high flow O<sub>2</sub> as necessary
5. Heat cramps and heat exhaustion (skin moist)
  - a. Cool by fanning or sponging with lukewarm water
  - b. If patient is conscious and alert, give salt water/saline by mouth in small amounts, slowly. One quart of water and two teaspoons of table salt approximate saline solution.
6. Heat stroke (skin hot/dry)
  - a. Cool rapidly
    1. ice packs over carotid and femoral arteries and lateral thorax
    2. sponge with cold water
7. Position of comfort unless otherwise indicated
8. Monitor vital signs
9. Transport
  - a. Cooling measures enroute
  - b. Code 3 transport for heat stroke